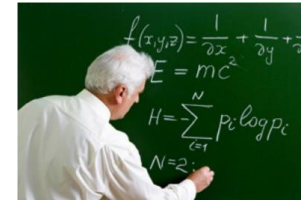


Information Resources:

One of your most important EAP Benefits

Today's higher education personnel face new, more daunting challenges than ever before: Budget cuts, students at risk, and campus safety issues, are just a few of the emerging issues impacting the higher education landscape. Higher Ed EAP offers extensive links, tools, and resources to help higher education personnel deal with these and other professional challenges:

- **Student Problems & Issues**
- **Campus Issues: Risk Management & Prevention**
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- **Tech Tools for Higher Ed**
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TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to www.HigherEdEAP.com
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your employer's name and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**

To access this benefit, you can call the EAP or log on to the website, www.HigherEdEAP.com, for thousands of articles, videos, and tools to help you resolve personal problems. Find information on thousands of topics including:

- **Drug and Alcohol abuse prevention**
- **Adoption**
- **Financial Planning**
- **Consumer Action**
- **Mental Health**
- **Will Templates**
- **Divorce**
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More benefits than any other, EAP
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Signs and Symptoms of drug abuse

- You're neglecting your responsibilities at school, work, or home
- You're using drugs under dangerous conditions or taking risks while high
- Your drug use is getting you into legal trouble
- Your drug use is causing problems in your relationships

Signs and Symptoms of drug addiction

- You've built up a drug tolerance
- You take drugs to avoid or relieve withdrawal symptoms
- You've lost control over your drug use
- Your life revolves around drug use
- You've abandoned activities you used to enjoy
- You continue to use drugs, despite knowing it's hurting you

Physical Warning signs of drug abuse

- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite or sleep patterns
- Sudden weight loss or weight gain
- Deterioration of physical appearance, personal grooming habits
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Behavioral Signs of drug abuse



- Drop in attendance and performance at work or school
- Unexplained need for money or financial problems; may borrow or steal to get it.
- Engaging in secretive or suspicious behaviors
- Sudden change in friends, favorite hangouts, and hobbies
- Frequently getting into trouble (fights, accidents, illegal activities)

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lack of motivation; appears lethargic or "spaced out"
- Appears fearful, anxious, or paranoid, with no reason

Where can I go for help?

Resource: <http://www.helpguide.org/articles/addiction/drug-abuse-and-addiction.htm>

RISK FACTORS	PROTECTIVE FACTORS
<ul style="list-style-type: none"> ■ Chaotic home environment ■ Ineffective parenting ■ Little mutual attachment and nurturing ■ Inappropriate, shy, or aggressive classroom behavior ■ Academic failure ■ Low academic aspirations ■ Poor social coping skills ■ Affiliations with deviant peers ■ Perceived external approval of drug use (peer, family, community) ■ Parental substance abuse or mental illness 	<ul style="list-style-type: none"> ■ Strong family bonds ■ Parental engagement in child's life ■ Clear parental expectations and consequences ■ Academic success ■ Strong bonds with pro-social institutions (school, community, church) ■ Conventional norms about drugs and alcohol 

SOURCE: US Department of Health and Human Services, National Institutes of Health, National Institute on Drug Abuse. (1997) Preventing drug use among children and adolescents: A research-based guide. NIH Publication No. 97 - 4212.

Where can I go for help?

Resource: https://www.hazelden.org/web/public/substance_abuse_prevention.page

Common signs and symptoms of alcohol abuse

- Repeatedly neglecting your responsibilities at home, work, or school because of your drinking
- Using alcohol in situations where it's physically dangerous
- Experiencing repeated legal problems on account of your drinking
- Continuing to drink even though your alcohol use is causing problems in your relationships
- Drinking as a way to relax or de-stress

Signs and symptoms of alcoholism (alcohol dependence)

Alcoholism is the most severe form of problem drinking. Alcoholism involves all the symptoms of alcohol abuse, but it also involves another element: physical dependence on alcohol. If you rely on alcohol to function or feel physically compelled to drink, you're an alcoholic.

Tolerance: The 1st major warning sign of alcoholism

Do you have to drink a lot more than you used to in order to get buzzed or to feel relaxed? Can you drink more than other people without getting drunk? These are signs of tolerance, which can be an early warning sign of alcoholism. Tolerance means that, over time, you need more and more alcohol to feel the same effects.

Withdrawal: The 2nd major warning sign of alcoholism

Do you need a drink to steady the shakes in the morning? Drinking to relieve or avoid withdrawal symptoms is a sign of alcoholism and a huge red flag. When you drink heavily, your body gets used to the alcohol and experiences withdrawal symptoms if it's taken away. These include:

- Anxiety or jumpiness
- Shakiness or trembling
- Sweating
- Nausea and vomiting
- Insomnia
- Depression
- Irritability
- Fatigue
- Loss of appetite
- Headache

In severe cases, withdrawal from alcohol can also involve hallucinations, confusion, seizures, fever, and agitation. These symptoms can be dangerous, so talk to your doctor if you are a heavy drinker and want to quit.

Other signs and symptoms of alcoholism (alcohol dependence)

- **You've lost control over your drinking**
- **You want to quit drinking, but you can't**
- **You have given up other activities because of alcohol**
- **Alcohol takes up a great deal of your energy and focus**
- **You drink even though you know it's causing problems**

Where can I go for help?

Resource: <http://www.helpguide.org/articles/addiction/alcoholism-and-alcohol-abuse.htm>

Nightingale College provides for all Learners and Collaborators a program that will help find local resources for you and anyone in your household. The contact information is below.

Phone: 1-800-252-4555. Website: www.HigherEdEAP.com